

You Can! Live Well, Virginia!

Chronic Disease Self-Management Program

Presented by the Loudoun County Area Agency on Aging



Ready to live life, not just endure it?

Join us for a 6 week workshop developed by Stanford University that will empower you to manage your own care and improve your quality of life.

The following topics will be covered:

- *Nutrition and physical activity*
- *Making informed treatment decisions*
- *Dealing with difficult emotions*
- *Understanding medication*

This workshop is open to anyone with a chronic condition, as well as their caregivers. A chronic condition may be heart or lung disease, asthma, arthritis, migraines, HIV, diabetes, Crohn's, or any other illness that affects your daily life.

**To find a workshop near you,
contact the
Area Agency on Aging
703-777-0257
aaa@loudoun.gov**



The Loudoun County Area Agency on Aging is a division of Loudoun County Department of Parks, Recreation and Community Services